

PERBEDAAN TINGKAT KONSUMSI LEMAK, NATRIUM, SERAT, KEJADIAN
HIPERTENSI PADA LANSIA DI PERUMAHAN "KUSUMAWARDANI" DAN
PANTI WREDHA PUCANG GADING SEMARANG 2006

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Pola makan lansia di kota dipengaruhi gaya hidup dan faktor budaya, sehingga makanannya menjurus ke arah santapan siap saji yang tinggi kandungan lemak, garam, tapi rendah kandungan serat. Lansia di Perumahan Kusumawardani yang hidup bebas bersama keluarganya dan memperoleh gaji pensiun selalu mampu memenuhi kebutuhan pangannya. Lansia yang hidup di Panti Wredha dengan tidak adanya pendapatan dan keterbatasan dana dari pihak Panti berpengaruh pada rendahnya kualitas menu yang berdampak pada penurunan dan penerimaan lansia terhadap makanan yang disajikan. Munculnya penyakit degeneratif (jantung dan hipertensi) pada lansia berkaitan dengan menurunnya kelenturan pembuluh darah dan faktor konsumsi makanan. Tujuan penelitian ini adalah untuk mengetahui perbedaan tingkat konsumsi lemak, natrium, serat, dan kejadian hipertensi antara lansia di Perumahan Kusumawardani dan Panti Wredha Pucang Gading kota Semarang. Penelitian ini merupakan penelitian penjelas dengan metode survei dan pendekatan cross sectional. Jumlah sampel di masing-masing tempat adalah 44 responden, teknik pengambilan sampel dengan *Simple Random Sampling* yang didasarkan pada kriteria inklusi-eksklusi. Pengambilan data tingkat konsumsi lemak, natrium, dan serat dengan metode penimbangan makanan selama dua hari berturut-turut sedangkan data kejadian hipertensi diperoleh dengan mengukur tekanan darah responden. Uji kenormalan data menggunakan *Kolmogorov Smirnov*, diperoleh data berdistribusi normal pada tingkat konsumsi lemak dan serat sehingga analisis data menggunakan *T Test* sedangkan data tingkat konsumsi natrium tidak berdistribusi normal dan data kejadian hipertensi berskala nominal sehingga digunakan uji *Mann Whitney*. Hasil penelitian di Perumahan Kusumawardani menunjukkan 65,91 % responden memiliki tingkat konsumsi lemak lebih, 54,55 % memiliki tingkat konsumsi natrium lebih, dan 63,64 % menderita hipertensi. Di Panti Wredha Pucang Gading 90,91 % responden memiliki asupan serat defisit. Hasil analisis data diketahui ada perbedaan tingkat konsumsi lemak ($p=0,010$), tingkat konsumsi serat ($p=0,007$), dan kejadian hipertensi ($p=0,003$), tetapi tidak ada perbedaan tingkat konsumsi natrium ($p=0,634$). Berdasarkan hasil penelitian, diharapkan responden secara rutin memeriksakan tekanan darah agar tidak melebihi 140/90 mmHg, mengurangi konsumsi lemak (<55 gram/orang/hari) dan natrium (<500 mg/orang/hari) serta meningkatkan konsumsi serat (≥ 25 gram/orang/hari).

Kata Kunci: Kata kunci : lansia, tingkat konsumsi lemak, natrium, serat, kejadian hipertensi, Perumahan Kusumawardani, Panti Wredha Pucang Gading

*THE DIFFERENCE LEVEL OF LIPID, NATRIUM, FIBER, HYPERTENSION
INCIDENCE IN THE ELDERLY AT "KUSUMAWARDANI" HOUSING AND "PUCANG
GADING" NURSING HOME SEMARANG CITY 2006 .*

In the city, the elderly's pattern of eating is influenced by life style and culture. In fact, the foods tend to be fast food which contain high percentage of lipid and salt, and low fiber. The elderly who live in Kusumawardani residence usually live with their families and can pay for a better food if compared to them who live in Pucang Gading Nursing house. The elderly in nursing house, with limited fund, get the menu with low nutrition. The appearance of degenerative disease (such as heart disease and hypertension) are related with the decreasing flexibility of blood vessel and food consumption. The objective of the research is know the difference between the consumption level of lipid, natrium, and fiber in relation to hypertension happened to the elderly in Kusumawardani housing and Pucang Gading nursing house in Semarang. This research is in explanatory research which used survey method and cross-sectional approach. The writer took 44 people as the sample for each place. It was taken by using random sampling technic, based on inclusion and exclusion criteria. the data of consumption level of lipid, natrium and fiber was taken by food weighting method for two days. while the data of hypertension was taken by measuring respondent's blood pressure. The normality testing of the data was tested by using Kolmogorov Smirnov Test. The data normal is level of lipid and fiber consumption, it is analyzed by using T Test but data natrium consumption not in normal distribution and hypertension incidence have nominal scale it is analyzed by using Mann Whitney Test. The result of the research in Kusumawardani housing shows that 65,91 % respondents have high intake of lipid, 54,55 % respondents have high intake of natrium and 63,64 % of them have hypertension. While at Pucang Gading nursing house 90,91 % respondents have deficit intake of fiber. From the analysis, it is found that there are the difference level of lipid ($p=0,010$), fiber's consumption ($p=0,007$) and hypertension ($p=0,003$). In the other hand, there is no difference level of natrium's consumption ($p=0,634$). Based on the result of this research, it is suggested that respondents could examine their blood pressure regularly ($<140/90$ mmHg), consuming less lipid (<55 gr/people/day) and natrium (<500 mg/people/day) and taking more fiber (≥ 25 gr/people/day).

Keyword : elderly, level of lipid consumption, natrium, fiber, hypertension incidence, Kusumawardani Housing, Pucang Gading